

HEALTH MEN ATTACKED FOR CLASSING BACILLI

Hygienists Say New York State Board Splits Hairs Doing It.

PLEA FOR MILK MARKETS

Railroad Camps a Source of Disease to Whole Regions, It Is Said.

WASHINGTON, Sept. 25.—With no rain for the first time since the opening of the International Congress on Hygiene and Demography, the several thousand delegates and others who have come to attend the meetings of that body turned out to see the opening of the session.

Cleanliness as an important factor in the health of the people and how to bring it about, coping with the various epidemic diseases, how to bring up children morally and consequently physically, problems of industrial and occupational diseases, proper treatment of the teeth as an important basis for health and various other subjects were discussed at length.

One of the features of the day was an attack on the New York State Health Department for its method of dividing and subdividing endlessly groups of intestinal bacilli. One speaker urged the need of milk markets and several denounced unsanitary railroad camps as a menace to sections in which they are located.

Aside from the important discussions in the various sections the feature of the day was the address in the general session by Dr. Frederick Zahn of Munich, Germany, who is director of the Bulgarian statistical office. The workingman's insurance, its social hygiene and social-political importance, was his subject.

Energy Put Above Money.

"The people and the people's strength are the greatest asset of the nation," he said. "It is not a mass, not a negligible quantity, but organic and national capital whose further meaning represents the foundation of natural and of commercial productivity."

"Judging the wealth of a country today depends upon the quantity, greatness and the qualitative nature of its inhabitants. To make the greatest use and to secure the greatest development of the people it is necessary to have a systematic conservation of the organic national capital and the interest and compound interest of the capital represented by the people must be obtained without diminution of the intrinsic value of this capital."

That the foundation of every far-sighted social policy must be based more on energy reserve than on money reserve, that the aim is to secure the greatest possible reserves of bodily and mental force and power and physical and moral health as a nation were some of the conclusions of Dr. Zahn.

He said that the problem is attacked in various ways by different countries and that the results desired are more nearly realized in Germany than in any other country, because of the successful application of the principles of workingmen's insurance.

Prize for Workingman's Insurance.

"In the course of years the German workingman's insurance has attained the dimensions of a gigantic social institution, which is of important influence for the furthering of hygienic and general conditions," the speaker said. "Out of 16,000,000 Germans, 15,000,000 are carrying sick insurance, 15,700,000 are carrying invalid and old age insurance, and with the artisans in small manufacturing establishments, 24,200,000 are carrying accident insurance. From 1885 to 1910 100,000,000 sick, disabled and injured people and their relatives have received the benefits through insurance. In the meantime there has been paid out 8,400,000,000 marks. About 2,000,000 marks was spent daily for this tremendous institution of workingmen's aid."

"In every case there is not only a benefit paid in money for the loss but at the same time prophylactic measures are followed. The German workingman's insurance maintains its equilibrium through a quicker restitution of the working ability of the laboring class, the development of a generation with heightened powers of resistance and the education of the community in the potent value of sanitary self-defense."

Dr. Zahn stated that in other countries systems of workingmen's insurance have already been established or there are strong movements on foot for their introduction. "This realized everywhere that the money spent for workingmen's insurance is a very good investment and that it is the technical preliminary necessity to secure an increase in commercial productivity," he said.

Attacks New York Health Men.

New York State Health Department authorities were heavily criticized at yesterday's session of the International Congress on Hygiene and Demography in Washington. W. R. Smith of the Lister Institute of England was the critic. He attacked the methods of the New York State of splitting up various groups of intestinal bacteria into sub-groups and then subdividing again and again.

That some American bacteriologists are doing this hair-splitting division was asserted also by two foreign experts, Hopkins and Fernet of France.

W. H. Welch, the well-known Johns Hopkins authority, also backed up Mr. Smith. Mr. Smith proposed that a committee be established to fix standard tests for determining permissible groups and classifications of intestinal bacilli. Prof. Welch added that this congress should appoint such a committee before it is adjourned.

A paper was read at this morning's session on "Paratyphoid and Allied Bacilli," by M. Le Drac-Saquepue of Paris.

Milk Markets Urged.

Municipal milk distributing plants, similar in their work to central markets, were advocated by Dr. John R. Williams, secretary of the Monroe County Milk Commission, Rochester, N. Y., in an address on the economic problems in milk distribution in their relation to the public health. Dr. Williams said that in the congested districts sixty men do the work of distributing milk, which might better be carried on by two men with a saving of expense and a further insurance for the public.

Protection of the public from pollution from railroads, which was criticized yesterday by Interstate Commerce Commissioner W. Clements, is one of the vital necessities in connection with public health problems in the opinion of many scientists in the congress. Papers were read by different health officers gave instances of the danger in their application of the toll in human life annually taken because of negligence along this line.

"The pollution of our railroad beds and waterways must cease," said Prof. W. T. Sedgwick of the Massachusetts Institute of Technology in a paper today. "The interest of public health demands that cognizance be taken of this problem."

Prof. Sedgwick pointed out how the

action of the State of Washington in protecting the Cedar River along the Milwaukee and Puget Sound Railway had resulted in a marked diminution of typhoid in communities dependent upon this river for their water supply.

Railroad Camps a Danger.

Another source of typhoid epidemics, small in size but great in the aggregate loss of human life, is the unsanitary railroad contracting camp. Lack of proper sanitary precautions results not only in loss of life among the workmen in the camp but also in jeopardizing the health of communities for miles around through subsequent pollution of water supply.

This question was touched on in a paper on railroad construction camp sanitation by Dr. T. B. Tuttle, secretary of the State Board of Health, Mon. Dr. Tuttle urged that state laws and health regulations take into consideration the sanitation of construction camps. The contractors, he said, should be forced to burn all refuse.

300,000 Cured of "Hookworm" Disease.

"More than 300,000 Porto Ricans have been cured of the 'hookworm' disease," Surgeon Bailey K. Ashford, U. S. A., informed his audience at the International Congress on Hygiene and Demography today.

The campaign against hookworm was begun in 1904, said the army surgeon, and has culminated in the successful treatment of 300,000 persons in Porto Rico. Ninety per cent. of the rural Porto Ricans are infected with the disease. The physicians had to deal with 800,000 infected persons, 350,000 of whom were treated in seven years. Three hundred thousand more still require treatment. The sanitary service is reaching victims in even the most isolated mountain districts.

"Industrial insurance is needed rather than legislation, by which workmen may combine for self-protection," Dr. Lee K. Frick of a New York life insurance company told the congress.

"Soap is the greatest enemy of tuberculosis, likewise the best cure," said Dr. Simon de Unterberger, Privy Councilor, honorary physician of His Majesty's court, Surgeon-General of the Guards and head of the Russian delegation.

"Tuberculosis we have in Russia as you have in this country, and it is one of the great problems. The ravages of this dread disease are being combated by health authorities all over Europe. In Russia it is of course more prevalent among the poorer classes. Cleanliness minimizes tuberculosis, as it minimizes other diseases, but more particularly tuberculosis is sanitation effective in preventing tuberculosis."

"That is one disease I fear we shall never get rid of. Tuberculosis is constitutional, and no matter how we may strive I doubt if we shall ever be able to stamp it out."

Shows Hookworm Victims.

Two schoolboys, aged 14 and 17 years, who are victims of the hookworm disease, were presented to the audience in a discussion of this disease by Prof. W. C. Stiles of the Marine Hospital Service. They boys, said Prof. Stiles, were typical examples of the disease. They were brought yesterday to the Binat test and their mental development was shown to be that of boys 9 and 9½ years old respectively.

An interesting discussion developed in the section devoted to tropical hygiene when Dr. Harald Seidlitz of the School of Tropical Medicine, Liverpool, England, opened up a new line of ideas on yellow fever and its prevention. He not only claimed to have discovered the hitherto unknown parasite of yellow fever, but declared that it is impossible to rid a zone of the disease. He declared that the presence of this mosquito on the Panama Canal Zone was proof of this and that yellow fever is not found in that zone.

This latter statement was immediately refuted by Col. Henry P. Birmingham, in charge of the Army Medical Museum, Capt. Charles F. Craig of the Army Medical Corps, Dr. A. J. Orenstein of the sanitary department of the Canal Zone, and others, who asserted that the system of preventing the existence of the mosquito is not only eminently successful in ridding the entire Canal Zone of mosquitoes, but accordingly is shutting out yellow fever. There has been no fever there in seven years, they declared.

Gen. Sternberg, ex-Surgeon-General of the army, and others expressed doubts as to the merits of the statement of Dr. Seidlitz that there is a specific parasite of yellow fever.

ARGUMENT OVER BATHING.

Dr. Simon Baruch Acts as Peacemaker in Hygiene Controversy.

WASHINGTON, Sept. 25.—One of the most interesting discussions in the Congress on Hygiene and Demography today developed between two noted German public bath specialists. Dr. Simon Baruch of New York, president of the American Association for Promoting Hygiene and Public Baths, arose to the occasion as peacemaker. The discussion followed the reading of papers by Dr. Baruch and Prof. Dr. L. Brieger of the Hydrotherapeutische Universitäts-Anstalt of Berlin.

The whole discussion came under the subject of the hygiene of physiology of exercise, and Dr. Baruch read the opening paper. He was followed by the German specialist, who spoke of the significance of hydrotherapy for hygiene, therapeutics and medical instruction. The argument

began when Dr. W. Polonis of Hanover, Germany, said:

"The hydrotherapy management is only a symptomatic treatment. The first important thing for every disease and trouble of the body is to find the cause and if possible to remove it. A most careful examination is necessary. We must always remove the cause, and hydrotherapy cannot do that."

Prof. Brieger said that removing the cause was barely possible, that as a bacteriologist he has been all his life engaged in finding the cause of disease and trying to remove it, but "so far we have had more failures than successes."

He insisted that hydrotherapy is of the utmost importance, despite the gentle opposition of the few young men.

Dr. Baruch said he would pour oil on the troubled waters by stating that efforts to remove the cause of disease do not preclude the application of remedies which will carry the case to a successful issue. "Water is of immense value for aiding nature to cure disease," he said.

The mortality of typhoid fever has been reduced from 25 to 3 per cent. in the Munich hospital of the German army by strict and systematic cold bathing."

He said the statistics of this hospital are the most reliable in medicine, because they are collected from 8,500 cases of individual soldiers of the same sex and age, eating the same food, doing the same work and over a period of forty years.

"One word about the teaching of hydrotherapy in this country," he said. "The United States is the only country in which a distinct share is given to hydrotherapy in two medical schools. I declined to accept the chair in Columbia University unless the study of hydrotherapy was made obligatory by section teaching and final examinations."

"Every graduate must pass my examination in order that he may be able to teach nurses the various hydrotherapeutic procedures. In Germany, the course is elective and I have attended Dr. Brieger's and other clinics with a great deal of benefit and pleasure."

Dr. Baruch in his paper said:

The hygienic physiology of baths has changed with the changes in the conception of the physiology of the skin. When I studied medicine fifty years ago elimination was regarded as the chief function of the skin. The text books related the story of a boy who after being covered with gold foil had represented an angel in a parol procession and who died because the impurities of his body were not able to get out of the skin to eliminate were retained.

I must confess that not long ago I risked being regarded as uninformed on modern physiology when I argued before an Aldermanic committee for new public cleaning baths that the skin purifies the organism just as do the lungs and that therefore free cleaning baths are as important to the community as free parks.

Our present knowledge of the physiology of the skin makes its eliminating function the least important for the maintenance of life under normal conditions. In this presence it was an act of supererogation to dwell upon the following facts, which are indisputable, were it not probable that the discussion of this section may be utilized for the diffusion of physiological knowledge of the bath among the lay people.

It is an indisputable fact that to the nerve and vascular supply ramifying in its structure the skin owes its life sustaining functions, and that these underlie the sense of touch, which is the most vital of all the senses because its extinction is fatal, while every other sense may be destroyed without actual loss of life. It is now positively known that deaths of animals which have been covered with an impermeable varnish, so that the skin was not able to interfere with the purifying function of the skin, but to interference with temperature regulation, and that if the temperature is maintained by enveloping the animal with warm coverings it may survive for some time. This is a veritable rise of temperature after varnishing the animal, it becomes weary, the pulse and respiration become rapid as in fever, albuminuria and convulsions ensue, exhalation of CO₂ is reduced enormously and finally the animal expires with a temperature far below the normal.

What is the physiological action of the bath? We are confronted with a very large subject which I must treat briefly on account of the pressure of time.

Bathing may be defined as the act of applying water to the skin. The activities aroused in the latter are due to the thermic and mechanical excitation of the nerve terminals and vessels ramifying through the cutaneous area, which are subjected to this excitation. Prolonged observation has shown that some of the commonly accepted explanations of the action of cold water and hot water upon the skin are erroneous.

Cold water has been hitherto regarded as constricting the skin vessels and giving a decided irritation which is transmitted on sensory tracts to the central nervous system and thence reflected on motor tracts to the various organs, chiefly the respiration and circulation and through the latter organs to the various tissues of the body. These effects have been termed reflex, and are entirely in accord with this view so far as it applies to very brief applications of cold water.

For example, when a healthy individual takes a cold shower, and the temperature of the body is 37° C. of brief duration, this rationale suffices; it also would explain the action of a plunge of the shortest possible duration into water at that or a lower temperature. But when the exposure to the cold water is

prolonged for several minutes, this process, which I have termed nerve reaction, is supplemented by what I have termed the vascular reaction, which is not general, but local, i. e., the thermic excitation is exerted upon the ganglia controlling the local peripheral vessels and the unstriated muscular fibers which form a network or web with the elastic fibres and together constitute, according to Lanna, the oblique tensors of the skin, and which together with the arrectores pilorum control the blood supply of the skin, according to Tannasch and Sappey, a remarkable effect of the bath is that cold water increases the number of red and white blood cells taken from the lobe of the ear before and after the bath, while warm water increases the white cells chiefly.

The influence of baths on the respiratory process is pronounced. The scapular and epigastric reflex areas of head being connected with the first seven dorsal ganglia and the vasomotor supply of the lungs also passing through the roots of these ganglia there is doubtless a direct connection between the skin of the upper part of the trunk and the circulation of the lungs, from which arise alterations in the calibre of these vessels while the cutaneous nerves are stimulated or depressed by cold or hot water during a bath.

What then is the hygienic value of frequent bathing? My answer is, firstly, the stimulation of the blood vessels and nerves of the skin, which I have termed neuro-vascular training, and, secondly, the physical and mental refreshment resulting from this physiologic action.

Whether the temperature of the water be above or below that of the skin, the slight thermic stimulation, aided and enhanced by friction, produces this effect.

As a result the entire organism is refreshed. The brightening of the intellect after the ordinary morning ablution testifies to the correctness of this view. That which the individual may testify to is confirmed by large aggregations of people. When we contemplate the achievements of whole nations in whom the bathing habit is an established custom we are struck by this fact. History records only two such nations.

The wonderful military achievements of the Teutonic people have long served as an illustration, and were ingeniously referred to by Prof. Rubner in his splendid address on dust and smoke. Their conquests may not stand in correlation to their bathing habits; perhaps it was a singular coincidence.

It is to be hoped that the extreme luxury which characterized the baths and finally contributed to their overthrow may not be lost on the present generation. Many wealthy women are now indulging excessively in warm baths, and many also imitate the dress of the wealthy Roman women. Pliny inveighs against the immodesty of transparent dresses displaying the female form. It is to be hoped that this lesson of history will not be lost.

Modern history almost furnishes a controlling experiment upon this "point." The Japanese people, who are probably more active bathers than were the Romans, have achieved the most marvellous victories in modern history by their superiority in discipline, health and all the qualities of manhood, and despite their apparent physical inferiority, over the Russians, who are most inferior to bathing among civilized peoples. This well attested historical fact would prove some relation of the bathing habit to great military and commercial achievements.

Not alone in war was this striking superiority manifested, but in peace also. The sanitary condition of the people of these nations at the present time is also an example of superiority of the bathing nation as against the non-bathing nation, evident from the fact that while Japan kept comparatively free from infectious disease Russia is a breeding place of typhoid fever and cholera which are in evidence there.

Prof. Peterson of St. Petersburg stated before the Verein für Volksbäder that the average Russian, excluding the upper classes, receives a bath three times while on earth, when he is born, when he is married and when he dies. The bathing facilities offered to the common people of Japan are, as is well known, of large proportions.

This brings us to the practical application of the principles I have discussed. The rain bath, devised by the lamented Oscar Lassan, is the only mode of bathing adapted for a large number. Aside from its sanitary advantages over tub and plunges by reason of the soiled water flowing away and thus automatically cleaning the bath-room, the rain or shower bath, as we call it here, when delivered with force from a good pressure, cleanses the skin perfectly when soap is used, while the water flows away. But a more valuable action is evoked by the thermic and mechanical stimulation of the nerves, blood vessels and muscles, which produces a refreshment far exceeding that of the tub bath.

I shall not dwell at this time upon the strenuous efforts that were demanded for overcoming official antagonism in my propaganda for these baths for the working people and their families. My chief effort was directed to their being absolutely free. Public baths should be as free as public parks, in my contention.

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Son of Ambassador to Germany Becomes Harbinger A.T.G.

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"Education of girls is the crux of the problem. They themselves are the ones to train boys to self-control, for the male sex is the aggressor and the female does not fall except by lack of will power or self-control. Once all women make it plain that they will not marry a man who has not a certificate of health, once all womenkind resolves she would rather be a healthy old maid than an ill married woman, the problem of sex hygiene will be solved, and not until then."

Dr. Wile's talk aroused a wide discussion and general dissemination of opinion, it being accepted as a direct criticism not only of the exhibit, but of the movement headed by Dr. Mary Folkmar of the Washington Women's Clinic and other philanthropic and public spirited social leaders of Washington and New York to organize societies in the various cities for courses of lectures before children and young men and women on sex education.

The Washington movement is headed by Mrs. Huntington Wilson, wife of the acting Secretary of State, and Mrs. Henry Cleveland Perkins, president of a leading children's organization in New York. Dr. Folkmar, following Dr. Wile's address, declared that her convictions had not been changed and that she proposes to continue the work of sex education and will shortly visit New York and other cities for the purpose of organizing local societies like the one being organized in Washington.

LEISHMAN A DEPUTY SHERIFF.